

## INFORMATION PAPER

DAPE-HRR  
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SUBJECT: Preparing for Transition to Retirement

1. Purpose: To provide medically retiring Soldiers the steps to prepare for retirement.

2. Steps:

a. First: Contact your Installation Retirement Services Officer (RSO) for information on retirement benefits and entitlements and to start the procedures to complete your transition to retirement. The RSO contact information is available at <http://soldierforlife.army.mil/retirement/rso.html>. If you have problems contacting an RSO, call Army Retirement Services Office at 703-571-7232.

b. Second: Contact your Army Career and Alumni program (ACAP) office (<http://www.acap.army.mil>) for assistance on employment, continuing your education, or starting a business.

c. Third: Either attend an installation pre-retirement briefing or if not near an Army installation review the preretirement briefing online to gather information on your retirement benefits. The preretirement briefing slides are available at <http://soldierforlife.army.mil/retirement/PreRetirement.html>. The RSO can answer many of your retirement questions and direct you to the subject matter experts for more information or assistance. Below is a list of some of the most important retirement benefits and the related websites.

- (1) TRICARE – <http://www.tricare.mil>.
- (2) Department of Veterans Affairs Benefits - <http://www.va.gov>.
- (3) TRICARE Retiree Dental Insurance – <http://www.trdp.org>
- (4) Combat-Related Special Compensation (CRSC) – <http://www.crsc.army.mil>.
- (5) Concurrent Retirement and Disability Payments (CRDP) – <http://www.dfas.mil/rapay/disability/crdp.html>.
- (6) Survivor Benefit Plan (SBP) - <http://soldierforlife.army.mil/retirement/sbp.html>.
- (7) Retired Pay, SBP Calculations, retirement benefits and entitlements information, and state military retirement and veteran information – <http://MyArmyBenefits.us.army.mil>.

d. Fifth. Share and discuss information with your family as you make decisions concerning your retirement. Their lives are changing as well.

e. Sixth: With the assistance of the installation RSO, complete your Data for Payment of Retired Personnel (DD Form 2656) and make your SBP election to establish your retired pay account. If you are not near an installation, you can use phone, mail, fax, and or e-mail to complete your DD Form 2656 with the RSO.

Army Retirement Services Office/703-571-7232